

# Step 1

## Weigh yourself every day

When you gain weight it may mean that your heart problems are getting worse. Weigh yourself every morning. Weigh yourself when you get up, right after you go to the bathroom.

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- Write your weight on a calendar every day.
- Take your calendar with you when you go to your health care provider.
- If you need a scale, ask your heart nurse to help you get one or talk with your health care provider.



# Step 2

## Ask your health care provider about heart medicines

Ask your provider if you should take heart medicine. Heart medicines may help you live longer and feel better.

# Step 3

## Know the signs of heart problems

Call your provider if:

- You have trouble breathing.
- You gain more than 3 pounds in one day or 5 pounds in one week.
- You cough at night.
- Your ankles, feet, legs or stomach swell.
- You feel more tired or weak than usual.

# Step 4

## Get a flu shot

Ask your provider about getting a flu shot. It is important for people with heart conditions to stay healthy. The vaccine does not cause the flu. Flu shots are a covered benefit of Montana Medicaid.

# Step 5

## Eat less salt and salty foods

Salt makes your body hold water. Extra water in your body makes your heart pump harder. Do not add salt to your foods and stay away from salty foods.



# Step 6

## Get your blood pressure checked

High blood pressure makes your heart work hard. You may have other health problems if your blood pressure is high. Have your blood pressure checked every time you see your provider. Always take blood pressure medicine just the way your provider tells you.

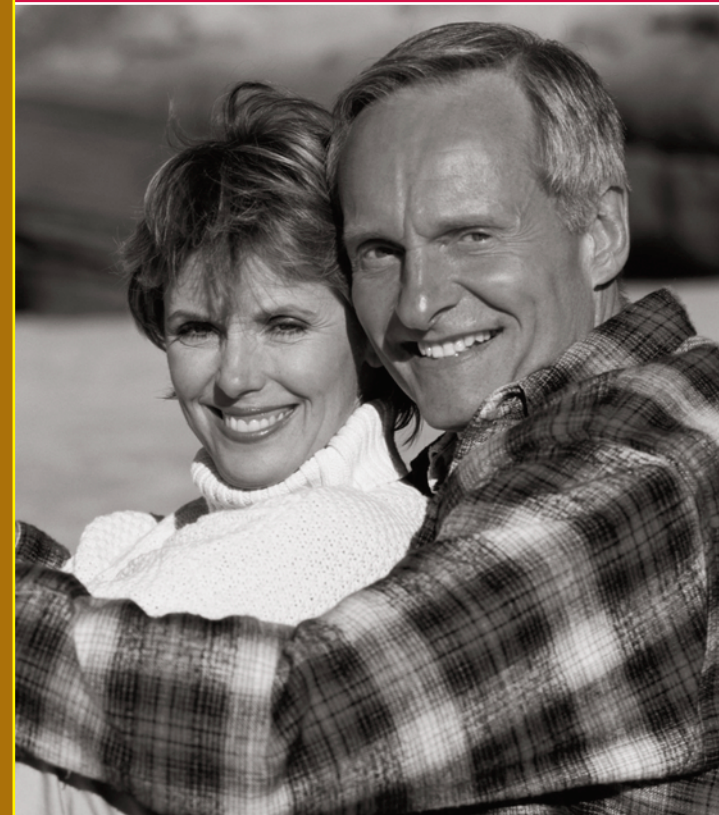
Call the Nurse First Heart Program at **1-800-330-7847** anytime you are sick or hurt. The nurses are there 24 hours a day, 7 days a week.

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## Feel Better Taking Care of Your Heart



The Nurse First  
Heart Program

Montana Medicaid

